

Rainy Day Activities for Friday

On the Move

Rainy Day Sticky Wall

Even if it is not raining, you can still make it a fun rainy day!

Materials:

- Contact Paper
- Tape
- Paper
- Scissors

Instructions:

1. Tape a large piece of contact paper to a wall or window in your home.
2. Cut rain drops from paper and provide them to your toddler. Feel free to decorate your contact paper further with the sun, clouds, flower, and/or grass cut outs.
3. Have your toddler stick the rain drops to their contact paper sky.

Adventures Online

Yoga Adventures

Combine yoga & story time for a fun adventure indoors on a rainy day. Learn some yoga poses to help you relax your body as you follow the directions.

<https://www.youtube.com/watch?v=KAT5NiWHFIU>

Sensory Time

Rainbow Toast

Enjoy a snack filled with rainbow colors.

Materials:

- Bread
- Milk
- Food coloring (various colors)
- Paint brush

Instructions:

1. Add food coloring to milk.
2. Have the children paint a piece of bread with milk colored with food coloring. If you have more than one color of food coloring, place a line of each color along the bread with the paint brush.
3. Place the rainbow bread in the oven to toast.
4. Enjoy your rainbow toast of all the rainbow colors.

Story Time

Rain

Enjoy this book as it shows how the blue sky turns to gray when it starts to rain.

Read Aloud: <https://www.youtube.com/watch?v=JGIhepWnvN0&feature=youtu.be>

Arts and Creativity

Sensational 3D Sculptures

Use your imagination to create 3-D sculptures.

Materials:

- Thick piece of paper (Ex: cardboard, file folder, pieces of a cereal box)
- Colorful paper strips of various lengths & widths
- Scissors
- Glue
- Tape
- Household items such as toilet paper or paper towel rolls
- Pictures of different sculptures

Instructions:

1. Explain & show your toddler how they can make the colorful paper into different dimensions to make different sculptures. Show them how they can manipulate the paper in various ways. (Ex: curling, folding, fringe cutting, hole punching, twisting)
2. Explain what a sculpture is and show pictures
3. Use the thick piece of paper as the base to tape or glue your sculptures to.
4. Glue or tape your toilet paper or tissue paper roll to the paper.
5. Glue or tape down your colorful pieces of paper to create different sculptures.
6. Find an area in your home to showcase your child's 3D sculpture.